



OPOS COOKBOOK 5 MINUTE MAGIC

Recipes that always work - for anyone, anywhere, anytime!

RAMAKRISHNAN
WITH UBF AND OPOS SCHOOL STUDENTS



Join the **One Pot One Shot** Revolution today!
Cook cleaner, greener, healthier, tastier and faster.

B, Ramakrishnan

OPOS Cookbook : 5 minute magic



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Each recipe is consistently tested and refined by OPOStars across the world. Their validations are recorded everyday at the Facebook groupings OPOS School and OPOS support group. This is actually the OPOS promise. This guarantee is examined everyday at a large number of homes. OPOS (1 Pot 1 Shot) is a cleaner, greener, healthier, tastier method to cook nearly every food. OPOS recipes function exactly the same way for anyone, anywhere, anytime. These groups offer 24x7 support and hand holding for anyone interested to understand OPOS.



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Highly Recommended for Anyone Attempting to Cook Indian Food Full Disclosure: We am an acquaintance of the author [if not exactly a friend; with this author you can hardly ever really tell :-)], not only is it a dynamic participant in his Facebook organizations. I am a novice level cook of Indian food with no expectations to be not that. I've also reviewed a part of this book while the book was being developed. [Needless to state, they are the best parts of the publication :-)] I am writing this review within a couple of minutes of downloading the Kindle edition of this eBook. I've viewed the publication under a Kindle and also the Windows 10 Kindle application. I like the later better since I can view in color. Love the book My new found cooking religion! In a few words, I like it." :-)If you cannot wait to begin with, I suggest that you go to Lesson 2: Flash on Location 1256 and take a peek. Right apparatus and 20 odd lessons teaches you a technique that lasts a lifetime. Being able to go to the Locations directly is an excellent help. "Saute till it browns"-okay, but no one warns you that you will be five seconds from it going black. Changed my life I hated cooking. Opos has been life changing for me. As Boy George might say "Who am I to disagree? I plan to cook only a few of the dishes. (Don't start cooking yet, only take a peek.) Then, go to Lesson 1: Standardization on Area 1229 and start cooking in earnest. Good luck OPOSing. Added a day later: 1.qid=1517148390& OPOS recipes have already been optimized for a 2 liter pressure cooker of the whistling type.com/Hamilton-Seaside-34102-Portable-Induction/dp/B00E5612YI/ref=sr_1_1?ie=UTF8&qid=1517148326&com/Prestige-Deluxe-Stainless-Pressure-Cooker/dp/B000UZLKFY/ref=sr_1_4? Four Stars I love the tags to youtube videos.amazon.sr=8-1& It doesn't comprise on taste through its methods like pressure and flash food preparation.ie=UTF8& I use the following portable induction stove advertisement pressure cooker for all my OPOS food preparation:https://www.sr=1-4&keywords=prestige+pressure+cooker+2L+stainless+steel2.amazon.(And those who create "Salt to flavor" in their recipe should be condemned to step on water while wearing socks)And came OPOS. (The author originates from a restaurant history and has tested his recipes with pressure cookers as big as 100 liter if I remember right. This does NOT mean that the recipes as specified will work well with pressure cookers with sizes other than 2 liters. I have wanted to demonstrate --the few meals I know-- to friends, clearly specifying the 2 2 liter pressure cooker requirement. Frequently, they don't really grasp the importance of this and provide me a pressure cooker of a different size. I have no option but never to go ahead with the demonstration. Therefore, please try the recipes only with the standard equipment specified.As significantly the underlying technique itself, all the dishes I make are based on the technique (called OPOS). I bought induction stove and stainless cooker, and though it is pricy, it's the very best investment. I had non-e of the feelings for your kitchen and I also needed to eat a thing that wasn't resort Basmati rice and naan. I would go in wishing to cook up something palatable within thirty minutes, and spend twenty of those minutes scouring the web for the proper recipe. "Put in a pinch of salt". The few topics that I have looked at so far possess links to YouTube videos on this issue -- this is an even greater help. "A few ripe tomatoes"- determining if that was several required me to do some algebra and geometry. And when I zoned in using one, it experienced like hearing the Financing minister present the budget-you think you get it but you really do not. The maami cooking food this might have fat fingertips, and I'd stand there wanting to know just how many of my pinches equal her pinches. I would decrease this dark abyss of throwing in pinch after pinch, looking to get the extra bit of salt cooked, only to find that the last pinch was a tad too much and today my only choice was to dial a pizza. That idea appealed to my lazy, left human brain self. This entire sage would today seem longer when compared to a three hour TR movie, but at least I could walk out of that. Please focus on this and in addition follow all of the measurements thoroughly until you have perfected

the dish. The author set about this experiment to deskill cooking, to transform the art into science. Also to scrub the vessels until the pizza arrived. The quality recipes had exact measurements, and used a pathbreaking technique known as pressure baking which involved the good old pressure cooker in ways that it wasn't created for, using techniques like layering and temperatures control to achieve perfection within a few minutes. After one learns the techniques (it requires less than an hour and this is important), it frees one from the drudgery and judgement that wastes valuable minutes. For people into fitness, opos quality recipes are very helpful in calculating macros. And as counter intuitive simply because this noises, this is the only technique that enhances the colour of vegetables after cooking food them. The consistency of Avial, the flavour of Resort Saravana Bhavan Kuruma, the quick and delicious Pasta & I don't know too many books that became a bestseller within three hours of launch, got re-published by Amazon instantly and became a best vendor again the very next day. . This reserve additionally contains tidbits of background, geography and physics of meals that you can use as supper conversation when no one is listening. Best cooking technique ever Indian cooking traditionally means laboring in your kitchen for hours. Briyani, the richness of Tomato and Onion Thokku, the melty texture of Mysore Pak (yes you heard that correct, we can make that complex nice and more in under twenty a few minutes using the sugar syrup hack) produced me as elated as a citizen who linked aadhaar to his bank account. Buy this publication, learn the techniques on Youtube, sign up for the Facebook support group and unchain yourself from the kitchen. Book lives up to the promise and more This is a book that delivers. The first step is hardest, if you take the steps and do the lessons, you will be hooked on to it. What ought to be recognized about OPOS may be the fact that several very experienced Indian food cooks ooh and aah about it, finding that it produces delicious items fast. I work, possess a 4 yr old. I am able to work out 1 hr, travel 1.5 hrs each way to work, keep coming back and make dinner plus lunch for next day but still hit bed at 10 pm, all because of opos. It really is touted as an art that requires years to understand, an art that requires endurance and care and love. Crucial to my cooking is usually staples. Infact it enhances taste to a level unknown in custom cooking. I also do meal prep (cut veggies and marinate in salt/oil/turmeric) for use in weekdays. Pressure cooker was constantly associated with mushy in my head, but once you bite in to the crunchiness of a broccoli that was flashed, it is a path of no return. This is a must have book, and you can follow all recipes blindly, and flourish in cooking food. This review is more on the book itself rather than the underlying technique. keywords=Hamilton+beach+induction+stove <https://www.> With all of this time saved in the kitchen, we can all go ahead do other things like scrubbing the floor, watching Netflix, making infants or saving the world. OPOS technique is normally a period savior. I intend to make a note of the Locations of the recipes. It's easy to follow, simple, green & most importantly saves period. s=home-garden & I make gg paste, dal, caramelized onions, tomatoes, tamarind paste etc and they are so handy. Who would you recommend this product to? I would suggest to my family and friends who are ready to unlearn and unchain from getting tied to the kitchen and who will be ready to take pleasure from cooking ! Among my relatives has already been a convert ? Five Stars My kitchen ready reckoner 5 stars not enough Excellent work. 5 superstars insufficient to rate this publication.



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